

Glossary of Terms

Selected From

The Health and Physical Education Frameworks

KEY

= number position on this alphabetical list of words

Word = name of vocabulary word

CS = HPE content standard

Str = strand in the HPE frameworks word is associated with

G = grade level in HPE frameworks word is associated with

Definition = what the word means

To Know by Fifth Grade

#	Word	CS	Str	G	Word Definition
1	Acquired Immunodeficiency Syndrome (AIDS)	1	IA	5/8	A disorder of the human immune system in a person infected with HIV, characterized by sever breakdown of the immune system that leaves a person very susceptible to opportunistic infections.
2	Aerobic Exercise	3	VA	K4	Exercises in which oxygen is required continually for an extended period of time.
3	Anaerobic	3	VA	K4	Exercise in which the body demands more oxygen than is available.
4	Asthma	2	IIIA	5/8	An allergic disease of the lungs manifest by constrictions of the small air passages called bronchioles.
5	Bacteria	2	IIIA	5/8	A single celled microorganism that can produce illness.
6	Calorie	2	IIB	K4	A measure that indicates the amount of energy obtained from a food.
7	Cancer	1	IIIA	5/8	A group of diseases in which there is uncontrolled multiplication of abnormal cells in the body
8	Carbohydrates	2	IIB	K4	Nutrients such a starches and sugars that provide energy to the body.
9	Cardiovascular Disease	1 3	IIIA	5/8	A group of diseases of the heart and blood vessels.
10	Cardiovascular Endurance	4	VA	K4	The ability to do activities that require oxygen for an extended period of time.

11	Cardiovascular System	4	IIIA	5/8	A body system that consists of the heart, blood vessels, and blood.
12	Communicable Disease	4	IIIA	K4	An illness caused by a pathogen that enters the body through direct or indirect contact. A contagious disease.
13	Conflict Resolution Skills	5	IB IID	K4 K4	The skills a person can use to resolve disagreements in a healthful, safe, legal, respectful and nonviolent way.
14	Consumer Health	6	IIC	6	The area of health that focuses on choosing sources of health-related information and products and services, analyzing advertising, recognizing and reporting quackery, spending money and time wisely.
15	Cool-down	4	VC	K4	(sometimes called a warm-down) This is a 5-15 minute period of low intensity exercise that immediately follows the primary conditioning period.
16	Dental Health	3	IIA	K4	The care of the teeth and gums that includes frequent brushing and flossing, reduction of cavity-promoting foods, avoidance of tobacco, protecting the teeth from injury, regular dental check-up, and cleaning of the teeth by a dental hygienist.
17	Diabetes	2	IIIA	K4	A disease in which the body is unable to process the sugar in foods in normal ways.
18	Dietary Guidelines for Americans	2	IIB	K4	Recommendations for diet choices for healthy Americans two years of age or older.
19	Digestive System	1	IA	K4	A body system that breaks down food so that the cells in the body can absorb nutrients.
20	Drug	5	IIIC	K4	A substance that is introduced into the body, excluding food that alters the function of the body.
21	Drug Abuse	5	IIIC	K4	The use of drugs that results in impairment of a user's ability to function normally or that is harmful to the user or others.
22	Fats	2	IIB	5/8	Nutrients that are a source of energy and are essential for making certain vitamins available to the body.
23	Fiber	2	IIB	5/8	The part of food that is not digested and aids in the process of keeping the bowel healthy and free of cancer.
24	First Aid	2	IIIB	5/8	The immediate and temporary care given to a person who has been injured or suddenly becomes ill.

25	FITT	4	VA	5/8	<p>The Acronym that helps you to remember the principles of exercise.</p> <ul style="list-style-type: none"> • Frequency of Exercise: the number of time per week that one intends to exercise • Intensity of Exercise: the amount of physiological stress or overload placed on the body during exercise • Time (Duration) of Exercise: The amount of time involved in performing the primary workout • Type of Exercise: an exercise that improves a specific type of fitness, (stretching exercises improves flexibility; running improves aerobic capacity, etc.).
26	Fitness	4	VA	K4	The degree to which the total organism is able to meet the physical, intellectual and emotional demands for everyday living as well as cope with emergencies
27	Food Guide Pyramid	2	IIB	K4	A food group guide that recommends daily guidelines to ensure a balanced diet.
28	Fundamental Motor Skills	4	IVA	K4	<p>Locomotor, non-locomotor and manipulative skills that provide the foundation for skill development.</p> <ul style="list-style-type: none"> • Locomotor Movements: moving the total body to get from one place to another using a walk, run, hop, jump, leap, skip, gallop, slide, or some combination of these. • Non-locomotor Movement: moving the body or its parts without traveling as a unit through space, e.g., bending, twisting, pushing, etc.. • Manipulative Skills: a movement done to or with objects such as throwing a beanbag, striking a soccer ball, or catching a Frisbee.
29	Fungi	3	IIIA	5/8	A single-celled or multi-cellular plant-like organism, such as yeast and molds, that is capable of causing disease to the skin, mucous membranes and lungs.
30	Health	2	IIA	K4	The quality of life that includes physical, mental- emotional and family-social health.

31	Health-Related Fitness	4	VA	K4	<p>Those aspects of physiological function that offer protection from diseases resulting from sedentary lifestyle. It can be improved or maintained through regular physical activity. The following are the 5 types of health-related fitness.</p> <ul style="list-style-type: none"> • Aerobic Capacity: The ability of the heart and lungs to process oxygen during exercise • Body composition: the make-up of the body in terms of the amount of lean mass (muscle, bone, needed tissues, and organs) relative to fat mass. • Flexibility: the ability to move joints in the body through their full range of motion. • Muscle Endurance: the ability to exert force over an extended period of time and to resist fatigue. • Muscular Strength: the ability of muscles to exert force.
32	Healthful Behavior	2	IIA	5/8	Action that promotes health; prevents illness, injury and premature death; and improves the quality of the environment
33	Heart Rate	4	VA	K4	The number of times that the heart beats each minute forcing blood into the arteries.
34	Hormones	1	IA	5/8	Groups of chemical, each of which is released into the bloodstream by a particular organ or tissue to have an effect elsewhere in the body.
35	Human Immunodeficiency Virus (HIV)	3	IIIA	5/8	The pathogen that destroys the body's immune system allowing the development of AIDS.
36	Immune System	1	IA	5/8	The body system that fights disease.
37	Immunization	3	IIIA	K4	A vaccine that provides immunity to a certain infectious disease.

38	Injury Prevention and Safety	2	IIB	K4	The area of health that focuses on following safety rules in the home, school, and community; following safety guidelines for different weather conditions and natural disasters; being able to get help for emergency situations; being skilled in basic first aid procedures; reducing the risk of violence; protecting oneself from those who are dangerous; and staying safe while riding in a car and when enjoying exercise.
39	Joints	1	IA	K4	A point at which two bones meet and make it possible for the skeletal system to move.
40	Lead-up Games	4	IVB	K4	Games that utilize basic skills and strategies related to specific sport activities.
41	Low Fat	3	IIB	5/8	A label for a product that contains 3 grams or less per serving.
42	Low Organized Games	4	IVB	K4	Games which have few and simple rules and which require little or no equipment to play.
43	Maximum Heart Rate (MHR)	4	VA	K4	A heart rate that is calculated by subtracting your age from 220.
44	Medicine	3	IIIC	K4	A drug that is used to treat, prevent or diagnose illness.
45	Minerals	3	IIB	K4	Inorganic nutrient substance needed by the body in small amounts. (calcium, iron, zinc, magnesium, etc.)
46	Motor Skills	4	IVA	K4	A broad category representing reasonably complex movement patterns which have been learned.

47	Movement Concept Skills	4	IVA	K4	<p>These help children develop an increasing awareness and understanding of the body as a vehicle for movement and for acquisition of a movement vocabulary that includes;</p> <ul style="list-style-type: none"> • Body Awareness: “what” the body can perform; the shapes it can make, and how it can balance, and the transfer of weight to different body parts. • Quality of Movement: “how” the body can move, relates closely to mechanical principles used to move efficiently, i.e. time/speed, force and flow. • Relationships: in movement concepts, this refers to with whom and/or what the body relates, the position of the performer to the apparatus or to the performers, i.e. above-below-beside, etc. • Space Awareness: “where” the body can move, relates to moving in different directions and at different level, i.e., general or personal space, direction, level, pathways, and planes.
48	Muscular System	1	IA	K4	A body system in which there are three types of muscles (skeletal, smooth and cardiac).
49	Nervous system	1	IA	K4	A body system composed of a network of nerves cells that carry messages to the brain and spinal cord to all parts of the body.
50	Non-communicable Disease	3	IIIA	K4	Illness not caused by a pathogen. Is not contagious.
51	Nutrients	2	IIB	K4	Chemical substances in foods that furnish body fuel for energy, provide materials needed for building and maintenance of body tissue, and/or supply substances that function in the regulation of body processes.

52	Nutrition Education	2	IIB	K4	Instruction that focuses on planning a healthful diet and choosing foods from The Food Guide Pyramid, adhering to dietary guidelines, reading food labels, making healthful food selections to reduce the risk of disease, making healthful selections when dining out, considering food safety, maintaining desirable weight, eating for healthful reasons, and recognizing eating disorders.
53	Over the Counter Drug (OTC)	5	IIIC	5/8	A drug that is approved for legal purchase and use without a prescription from a doctor.
54	Peer Pressure	2	IID	K4	Influence that peers place on others to get them to behave in a certain way.
55	Physical Fitness	4	VA	K4	The general ability of an individual to meet the demands of daily life safely and effectively without being overly fatigued, and still have energy left for leisure and recreational activities.
56	Prescription	5	IIIC	5/8	A very precise order from an appropriate health professional to a pharmacist to dispense a certain drug product to a patient.
57	Protein	2	IIB	K4	A nutrient that provides energy and is an essential building block for all cells in the body.
58	Puberty	1	IA	5/8	The time of sexual development when males and females become physically capable of reproduction.
59	Recycling	6	IIID	5/8	The process of reforming or breaking down waste products to their basic components so they can be used again.
60	Respiratory System	1	IA	K4	The body system that consists of the nasal cavity, the pharynx, larynx, trachea, bronchi, and the lungs.
61	Secondhand Smoke	5	IIIC	K4	A mixture of the smoke given off by the burning end of a cigarette, pipe, or cigar and the smoke exhaled from the lungs of smokers.
62	Self-concept	2	IB	K4	The psychological image or perception, which one has of himself/herself as a person, it is one's self-appraisal of personal worth and value.

63	Sexually transmitted Diseases (STD's)	3	IIIA	5/8	Diseases caused by pathogens that are transmitted from an infected person to an uninfected person during intimate-sexual contact.
64	Skill-related Physical Fitness	4	VA	5/8	<p>A physical quality that enables a person to perform in sports activities. The following are the 6 types of skill related fitness.</p> <ul style="list-style-type: none"> • Agility: the ability of the body to change position rapidly and accurately while moving in space. • Balance: the ability to assume and maintain a state of equilibrium while remaining stationary or moving. • Coordination: the ability to use two or more body parts at the same time to do a task. • Power: the ability to use muscular strength to do an activity, to transfer energy explosively into force. • Reaction Time: the length of time you take to move after you have received a signal. • Speed: the ability of the body to perform movement in a short period of time.
65	Violence	2	IIB	5/8	The threatened or actual use of physical force to injure, damage, or destroy oneself, others, or property.
66	Virus	3	IIIA	5/8	The smallest known pathogen that does not generally respond to antibiotics.
67	Vitamins	2	IIB	K4	An organic substance needed in very small amounts to facilitate chemical reactions in the body.
68	Warm-Up	4	VC	K4	A brief (5-15 minute) period of exercise that precedes the workout. The purpose of the warm-up is to elevate muscle temperature and increase blood flow to those muscles that will be engaged in the workout.
69	Water	2	IIB	K4	A nutrient that helps make up blood, helps the process of digestion and removal of body wastes, and regulates body temperature.

70	Weight Control	2	IIB	K4	The establishment or maintenance of desirable body weight by balancing food intake and caloric expenditure. For overweight individuals, the former may involve dieting and the latter a vigorous exercise.
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